

April Harvest of the Month Lettuce



Illustration by Tiona Burroughs, Richmond City Public Schools



Try Lettuce at Home!

Health and Nutrition

Lettuce has no fat and is a source of Vitamin A, potassium and fiber. The spine and ribs of lettuce provide dietary fiber while vitamins and minerals are concentrated in the delicate leaf portion.

The darker the leaf, the more nutrients it has! Red leaf and Romaine lettuces are nutrient-dense choices.

Did YOU Know ?

Lettuce started out as a weed in the Mediterranean and is now the second most popular fresh vegetable in the United States (behind potatoes).

Reading Together
Check out
our featured book:
*Lettuce Grows on the
Ground* by Mari Schuh

